

**Academic discipline:
«Swimming and methodology of teaching»**

Code and name of specialty	1-03 02 01 Physical Training
Training course	1,2
Semester of training	2-4
Number of class hours:	110
Lectures	20
Seminar classes	14
Practical classes	76
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	credit/exam
Number of credits	8
Competencies to be formed	To apply adequate dosing of physical activity on the basis of the obtained anatomical knowledge, to choose means and methods of implementing sports and pedagogical effects on the human body, taking into account age, gender, physical development characteristics and physical fitness. To possess the technique of performing sports and applied methods of swimming and the methodology of teaching sports and applied methods of swimming, methods of providing assistance to victims on the water, forms and techniques of teaching swimming, ensure compliance with the safety rules of classes.

Summary of the content of the academic discipline:

Mastering the academic discipline "Swimming" involves increasing the level of physical and technical readiness of students; formation of the motor base necessary to master the technique of sports swimming techniques and the implementation of the control standard; preparation of students to participate in the organization of competitions and judging of swimming competitions; improvement of knowledge, skills and skills of conducting training sessions on various swimming techniques and types of training; formation of students' skills and abilities necessary to assist drowning.